

Lunch & Learn

January-March 2019



Artful Creations: 2019 Wishes

Wednesday, January 2, 1:00 p.m.

We make New Year's Resolutions and then feel bad when we break them. This year we will focus on our wishes for 2019 and make artful creations to remind us throughout the year about our wishes. "When we wish upon a star..."

Hallway Art: Alison Bur

Monday, January 14, 11:30 a.m.

Ever wonder about the art hanging in the hallway? Alison Bur will discuss her photography and how she "gains a new perspective by reevaluation through the lens...her images focus strongly on the overall narrative."

<http://www.alisonburphotography.com>

Know Your Coverage

Wednesday, January 16, 1:30 p.m.

Do you know what your auto and home insurance policies really protect? Learn how to identify potential coverage gaps, how to determine the right amount of coverage for you, and ways to help protect yourself.

Casey Friedberg, Liberty Mutual Insurance, will be the presenter.

Armchair Travel: Turkey & Greece, Following Paul's Footsteps

Wednesday, January 23, 1:30 p.m.

Using the Book of Acts as a roadmap, follow the footsteps of Paul through Turkey and Greece. View the countryside, the towns, the theaters, the Roman roads, the library and terrace homes at Ephesus, and temples to Athena. Enjoy a glimpse of Istanbul including its Hippodrome and the Blue Mosque.

Jean Van Meter will be the presenter.

Artful Creations: Heart Trees

Wednesday, January 30, 1:00 p.m.

Valentine's Day is just around the corner.

These delightful heart trees are just right for the season.



(See other side for more Lunch and Learn Programs)

Nutrition with Thu: Simple Steps to a Healthier Heart

Wednesday, February 6, 11:15 a.m.

Discover simple and delicious ways to enjoy heart-healthy foods. Learn how to prepare your foods with less sugar, fat, and salt. Learn practical tips on how to take control of your blood pressure and cholesterol.

Mushroom Cultivating

Wednesday, February 20, 1:30 p.m.

Learn how to make a mushroom farm. We'll make one to keep here at the center. You'll leave with all the know-how to make one of your own for home.

Lifting Safely & Fall Prevention

Wednesday, February 27, 11:30 a.m.

Learn techniques for proper lifting and tips for fall prevention. Jake Walsh, FHM Rehabilitation, will be the presenter.

Maryland Opera Presents: Marian Anderson

Wednesday, February 27, 1:00 p.m.

A celebration and tribute to the first African-American singer to perform at the Metropolitan Opera. Explore the turbulent history of the Civil Rights Movement through the wide variety of styles in Marian Anderson's repertoire, including spirituals, art songs, and opera excerpts. This program is offered through the Maryland Opera. <https://www.marylandopera.org/opera-cares-programming>

Strength Training As We Age

Wednesday, March 6, 11:30 a.m.

Learn why you might benefit from strength training at any age. Laura Hartman, Sage Physical Therapy and Wellness, will be the presenter.

**There will be an optional lunch served at Noon, \$5.00.
Meal reservations are due 48 hours before each program date.**

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+
301-600-7020; 9020 Amelung Street, Urbana, MD 21704

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